



**GREAT NORTHERN
PRODUCTS, LTD.**

OCEAN PERCH

Sebastes marinus



Warehouse Specifications:

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

Nutritional Value:

Per 100gram serving size

Calories (kcal)	79
Total Fat	1.54g
Saturated	0.273g
Monounsaturated	0.475g
Polyunsaturated	0.394g
Cholesterol	52mg
Sodium	287mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	15.31g
Vitamin A	40iu
Vitamin C	0.0mg
Calcium	28mg
Iron	0.22mg

General Information:

Adults are found offshore on the outer continental shelf and upper continental slope in depths 150–420 m. Seasonal differences in depth have been noted. In the summer, adults inhabit shallower depths, In the fall, the fish apparently migrate farther offshore to depths of ~300–420 m. They reside in these deeper depths until about May, when they return to their shallower summer distribution

Latin Name:

Sebastes marinus

Fishing Season:

July and August make up the fishing season for Ocean Perch.

Average size and Weight:

Most Atlantic Ocean Perch are trawl-caught and can weigh up to 5 pounds, though market weights typically range from 1 1/2 to 2 pounds.

Product Available / Frozen

whole round
on fillets

Sensory Characteristics:

Ocean Perch has consistently red skin, a firm flesh and a light hint of the salt waters where it makes its home.

Cool: wild caught, Canada or USA

Ingredients:

Ocean Perch Fillets

Quality Control: HACCP
& CFIA approved



Skin-

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